



SERVICE Above Self

Fargo West Rotary

Newsletter October
2008

Fargo West Rotary, PO Box 9237, Fargo, ND 58106



President's Message *By Paula Grimestad*

I had the wonderful opportunity to meet our foreign exchange student Leo. What a great guy! I took him and Rhonda Ness on a guided tour of the zoo and behind the scene areas. It is always a treat to see the zoo through the eyes of others. The zoo becomes too ordinary to me sometimes and is refreshing to watch others when they see the animals for the first time.

We had just received an orphaned gray fox the day Leo came to the zoo. This fox is four months and had been hand-raised by a family in Superior Wisconsin, so it was very friendly. I took the fox out of the kennel and handed it to Leo to hold. He was a bit surprised at first, but after a few moments he was smiling ear to ear with a fox giving him kisses. Leo was a bit quiet and shy when he first arrived, but the fox definitely opened him up and we were now ready to begin the zoo tour. We started with the domestic animals in the contact area, getting slimed by the dwarf cow and finished with a behind the scene encounter with the bison. The Bison was the animal he was most excited to see. We had a great time together and I plan to invite him again and get him involved with some zoo activities.

The Rotary Foreign Exchange Student program is such an exciting and important program. It gives students a once in a lifetime chance to fully experience a new country in a safe and exciting way.

I encourage all of you to take the time to get to know Leo and include him in all sorts of activities from bowling to baseball games. The more Rotarians do with him the more he will feel a part of Rotary and the more you will get to know him.

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Email accounts can be hacked

I am always concerned internet safety and identity theft.

As you know, Governor Palin's email address was hacked and the contents were posted on the internet for the world to see. A complete stranger did the hacking. That's how easy it is to hack an e-mail account.

Your email address is out there. Often times, your user ID is part of the email address. All a person has to do is reset the password. And, as it turns out, it isn't that difficult to do. The Palin hacker just created a new one using Yahoo's reset feature.

To reset the password, the hacker answered a security question. He guessed at it based on public information. If a person knows you well, they could easily do the same. Or, maybe the answer can be found with a Google search.

The net of it is, don't answer the security question honestly. Don't use your anniversary, birthday, address, or phone number as a password. For your mother's maiden name, you could answer "no one needs to know" or MYOB@MYOB.com. The system doesn't care it makes no sense.

I always use a fictitious name and address. The last thing I need is to lose my identity or have problems with hackers.

You can protect existing accounts by resetting your security question answer. Yahoo won't let you, but Gmail and Hotmail will.



Use a strong password. There is software available that can crack passwords. Basically, it runs through every word in the dictionary looking for a match. This is why you are often encouraged to incorporate numbers into the password. There are no such words in the dictionary.

If you want to be really creative, use a sentence that is easy for you to remember, like "I work at NDSU 2008." Take the first letter of each word "IWAN2008" and make a password. It's the recommended 8 characters (or more) long. Or, to really have fun "I2W0A0N8" uses all the same characters. Neither one makes a bit of sense.

If you have trouble remembering passwords, there are password-management programs like KeePass or LastPass. Your passwords are encrypted and it requires a master password to open the database. Pageonce is a web-based password-management program.

You should change your password regularly. And clean out your browser's saved data regularly. This includes the cache, saved forms, cookies and passwords.

Donation tips

Don't donate your hard-earned money to easy-spending charities. Know where your money is going.

Check out the finances and general suitability of more than 5,300 groups at charitynavigator.com.

Look under Hot Topics to fund disaster relief efforts throughout the world.

Meet our not-so-new members



“As a Portfolio Manager with Smith Barney, I provide private asset management to entrepreneurs and institutions”.

Brien Krank (pronounced Cronk)

My clients appreciate having the freedom to focus on their businesses, their families, or even their golf games, knowing their investments are actively managed by a professional.

I began my career as a Financial Consultant in 1995, and earned my Portfolio Manager designation in 2001.

Originally from Bismarck, ND, I graduated from Moorhead State University and settled in Fargo with my wife Darla. We spend most of our time chasing our three children around. The entire family is active in Boy Scouts, soccer, baseball, and anything else we can do as a Family.

Happy Birthday!

- 10/12 Cathy Hanson
- 10/13 Yvonne Hamilton
- 10/18 Pattie Middendorp
- 10/18 John Trombley
- 10/21 Sherri Arnold
- 10/23 Diane Mondry
- 10/28 Doug Burchill
- 10/29 Carol Rogne
- 10/31 John Stern



“My hobbies are flying and a variety of art related things...painting, drawing, jewelry making, etc. I was privileged to design and decorate a bison for the Herd About the Prairie in 2006.”

I've been a volunteer at the Hjemkomst Heritage Interpretive Center in Moorhead for over ten years and have been president of the board for three different two year terms. I am still on a committee and do what I can for the organization.

I owned a beer distributorship for nine or ten years; I named my corporation Challenge, Inc. because it was a challenge to be a woman in that industry. I still own the corporation.

I am almost full Norwegian...I have a drop of German in me because a female ancestor of mine got mixed up with a German sailor many, many years ago.

I met Bernie at Clara Barton school in Fargo in third grade we've been friends ever since. We have lived across from that school for twenty-nine years; we've been married for almost thirty-five years. We attend Rotary in Florida when we are there.

We have three incredible daughters. Nicole, Megan & Dani. All three went on the Rotary trip to Guatemala, which was a very memorable time in their lives. Dani is a member of Fargo West Rotary and was married in June. And I am going to be a grandmother in 2009.

Electile Dysfunction : the inability to become aroused over any of the choices for president

October is Vocational Service month

Rotary International sets a theme for each month and year. October is Vocational Service Month, emphasizing Rotary’s Second Avenue of Service. As the induction in Rotary is Vocation based, this branch of service is an integral part of Rotary ideals.

From Rotary International’s website:

Vocational Service focuses on:

- ❖ *Adherence to, and promotion of, the highest ethical standards in all occupations, including fair treatment of employers, employees, associates, competitors, and the public.*
- ❖ *The recognition of the worthiness of all useful occupations, not just your own or those that are pursued by Rotarians.*
- ❖ *The contribution of your vocational talents to solving the problems of society and meeting the needs of the community.*

During October, Rotarians are encouraged to focus on this essential element of Rotary. All Rotary clubs share a key mission: to serve their community and those in need throughout the world while promoting high ethical standards. By participating in club service projects, club members learn about their club's involvement in local and international projects and can volunteer their time and talents where they're most needed.

The individual members have to conduct themselves, their businesses and their profession in accordance with the Rotary principles and contribute their vocational talents to club projects.

The 4 Way test is recited at our weekly meetings. We try to conduct ourselves accordingly, in Rotary and in our professions.

Vocational Service is the way in which Rotary fosters and supports the Ideal of Service in pursuit of all vocations.

Important Rotary Info

October Meetings - Vocational Service Month

Greeter: Trent Gerads

10/6 Greg Deihl— RAACC

10/13 Jill Berg — Emerging Workforce

10/20 Patrick Gallagher — Corporate Training

10/27 Steve Backsen — Fargo Public School Development Foundation

Make up meetings at any of these local clubs:

Fargo West Rotary meets Monday noon at the Holiday Inn

Moorhead Rotary meets Tuesday noon at the Moorhead Country Club.

Fargo Rotary meets Wednesday noon at the Radisson Hotel.

FM/AM Rotary meets Thursday at 7:00a.m. at Seasons at Rose Creek Golf Club

FM/PM Make up meeting is at 5:15pm the 1st & 3rd Wed of every month at the Winery



RI 2008-09 theme